



Heaven Cake

READY IN



45 min.

SERVINGS



15

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds sliced
- ☐ 0.5 cup butter cold softened cut into 1-inch pieces and
- ☐ 2 large eggs
- ☐ 5 tablespoons flour
- ☐ 16 ounce pound cake mix
- ☐ 1 cup sugar
- ☐ 1 cup whipping cream
- ☐ 6 tablespoons whipping cream

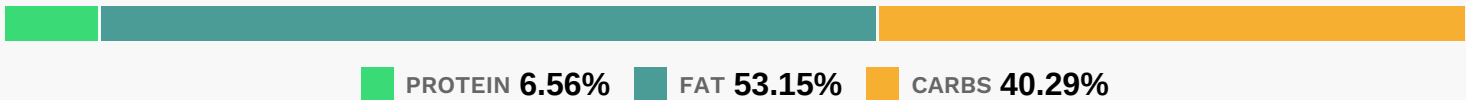
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat first 3 ingredients at low speed with an electric mixer 30 seconds. Increase speed to medium, and beat 3 more minutes.
- ☐ Pour into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 25 minutes.
- ☐ Process almonds and next 4 ingredients in a food processor until almonds are finely chopped and mixture is creamy, stopping to scrape down sides.
- ☐ Remove cake from oven. Drop almond mixture by rounded teaspoonfuls evenly over warm cake.
- ☐ Bake 10 more minutes or until almond mixture is bubbly.
- ☐ Remove from oven; spread almond mixture evenly over cake.
- ☐ Broil cake 4 inches from heat 1 minute or until top is lightly browned (edges of cake may get dark). Cool on a wire rack.
- ☐ Beate Ruffin, Alexandria, Virginia

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:10.8, Inflammation Score:-5, Nutrition Score:7.8904347588187%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 357.28kcal (17.86%), Fat: 21.67g (33.34%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 35.21g (12.8%), Sugar: 25.61g (28.46%), Cholesterol: 96.62mg (32.21%), Sodium: 252.72mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Vitamin E: 3.66mg (24.41%), Vitamin B2: 0.31mg (18.25%), Manganese: 0.36mg (18.17%), Phosphorus: 130.83mg (13.08%), Vitamin A: 593.22IU (11.86%), Selenium: 6.96µg (9.94%), Magnesium: 39.48mg (9.87%), Iron: 1.54mg (8.56%), Vitamin B1: 0.13mg (8.38%), Copper: 0.16mg (7.84%), Calcium: 74.65mg (7.47%), Folate: 28.42µg (7.1%), Fiber: 1.75g (7.01%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.7mg (4.67%), Potassium: 154.58mg (4.42%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.54µg (3.62%), Vitamin B12: 0.18µg (3%), Vitamin B6: 0.05mg (2.64%), Vitamin K: 1.32µg (1.25%)